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Editor's Note: May is for memoirs! That's why you're getting over 50 incredible indie titles free, including an advance review copy of my new memoir, Hell & Paradise. Check it out [here](#).

Now, let's get into it...

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☆ This Language Makes Defenses Melt

If “violent” means acting in ways that result in hurt or harm, then much of how we communicate could indeed be called “violent” communication.

Nonviolent **COMMUNICATION**

A Language of Life



3rd Edition

**Words and the way we think matters.
Find common ground with anyone, anywhere,
at any time, both personally and professionally.**

MARSHALL B. ROSENBERG, PhD

Foreword by **Deepak Chopra**

Endorsed by **Satya Nadella, Arun Gandhi, Tony Robbins,
Marianne Williamson, John Gray, Jack Canfield, Dr. Thomas Gordon**, and others

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Dear Permission to be Powerful Reader,

Imagine this:

You walk into a room.

Someone's mad.

Real mad.

**You can cut the tension with a
knife.**

Their words? Venom.

Their tone? Ice-cold.

They're like a mad dog ready for a fight.

And yet, three minutes later...

They're not just calm—they're thanking you.

Maybe even hugging you.

☞ Not because you beat them with logic...

☞ Not because you overpowered them with status...

☞ But because you did something they've never experienced before.

You *heard* them.

That's the magic of Nonviolent Communication (NVC).

Most people hear that phrase and immediately tune out.

"Ugh. Sounds like some feel-good therapy crap."

That's exactly what I used to think too.

Until I realized this wasn't some soft, self-help script for spiritual pacifists.

It was the most hardcore emotional jiu-jitsu I'd ever seen.

In this piece, we're going to break it down. No fluff. No theory.

Just raw, street-level persuasion magic with the power to transform arguments into intimacy.

To turn conflict into connection.

The Secret Weapon of Every Great Communicator

Marshall Rosenberg, the founder of NVC, was no lightweight.

He mediated between gangs. De-escalated riots. Sat in rooms with people who literally wanted to kill each other. And walked out with everyone hugging.

He discovered something radical:

People don't respond to words. They respond to whether or not they feel heard.

And most of the time?

They don't.

Most communication isn't about connection. It's about control.

☞ We say "You always..." or "You never..."

☞ We make others wrong.

☞ We avoid honesty.

☞ We hide our needs under layers of performance.

And then we wonder why nothing changes.

Here's Rosenberg's genius:

He broke down NVC into four simple steps:

☞ **1. Observation:** *What did you see/hear? (No judgment)*

☞ **2. Feeling:** *What emotion did it bring up?*

☞ **3. Need:** *What human need is under that feeling?*

☞ **4. Request:** *What specific thing would make it better?*

That's it!

But don't be fooled by the simplicity...

**This framework changes
EVERYTHING.**

Example ☞ *"When I saw you scroll through your phone while I was talking, I felt hurt, because I need to feel heard. Would you be willing to put your phone down while we talk??"*

**Clean. Honest. No shame. No
manipulation.**

And when you say it like that?

People melt.

When you speak in NVC, you bypass the logical brain. You go *straight* to the emotional core.

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Why People Are So Defensive?

Because they're scared.

That's it. That's the punchline.

People defend themselves when they feel unsafe.

And most of the ways we talk to each other *create* that feeling of danger.

☞ Criticism = attack.

☞ Sarcasm = shame.

☞ Silence = abandonment.

But what if you could make people feel safe, fast?

What if you could take even the most hostile conversation and lower the temperature instantly?

That's what happens when you start listening for the *need* under the words.

Rosenberg said every human action is an attempt to meet a need.

So when someone calls you selfish?

That's a tragic expression of a beautiful need. Maybe they just want consideration. Partnership. A moment of your presence.

Translate:

> "Are you feeling frustrated because you need more support from me right now?"

Boom. Watch their face.

They go from fight mode to *finally feeling seen*.

That's the power.

Marshall Rosenberg used it to save marriages.

He was a master at making *people feel understood*.

That's what moves the needle. Always.

##What to Practice Today

You don't have to master all of it at once.

Just try these:

1. Next time you're triggered, ask: "What am I feeling? What do I need?"

2. When someone attacks, try to hear the need under their words.

3. Use the 4-step formula in small moments. Practice with yourself first.

4. Write an NVC-style message to someone you've been avoiding.

5. Make requests, not demands. A request means you're open to hearing no. That openness makes it safe for the other person to say yes.

Try it...

What hearts melt...

And defenses drop.

Until next time,

Anton Volney

Dancer, Writer, Buddhist.



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